# The Baden=Baden Reduction Method Applied at Home



A Few Simple Movements Will Start the Blood Into Action.

#### One Woman's Experience of Baden-Baden Treatment

"I went to bed every night so tired that I fell asleep as soon as I touched the sheets, and I slept like a log until morning.

"Morning-when you are reducingmeans daylight! You must get up at 5 o'clock. Six is a little too late You must be out on the promenade at 5:45 taking your constitutional and drinking the waters.

"This matter of drinking spring water before breakfast is particu-larly impressed upon one. To take from one to six glasses of water in the morning before breakfast is no unusual feat. Of course, one must exercise all the time, and the water taken is more as a refreshment than

"Fresh air breeds a vigorous apps tite, but it is appetite for good easily digested foods. It is not the critical pampered appetite of the epicure.

"The woman who is trying to get thin can now go about her daily tasks as though nothing had occurred to break the usual monotony. And, if she be pressed for time, she eed not think of reducing again until the next day. But if she be an enthusiast, she can continue her exercises during the day.

"At the cures they keep you up late. The object is to give you as little time in bed as possible. They time your sleeping hours to seven in number, and to keep you awake and moving they give you music in the evening and they encourage dancing.



Take a Long Drink of Fresh Water Before Breakfast.

### The Woman Who Has Just Come From Europe Tells How She Lost Forty Pounds in Two Months' Time by Vigorous Treatment at Famous Resort.

#### By MARIAN MARTINEAU.

I have come home lighter by more

"I don't want anyone to know what an elephant I was! You would not believe

it now-to look at me. the life you live. Fat isn't constitutional, and it isn't hereditary. Any woman can be thin and any woman can be fat. You can lay fat off and on as you would not a good spring water at a drug store.

#### Adipose Not Normal.

"Now, as a matter of record, there are no naturally stout people in the world. People have been able to reduce since the days of the creation. And it was for Dr. Banting alone to discover that fat was a matter of incorrect liv-

went to Europe and spent \$1,000 getting thin," continued this formerly fat woman. "I could have stayed at home and got thin without spending a cent. But the trouble is that you get lazy when you stay at home. When you go "At away you work hard and make a busi-vigorous

"I went abroad determined to get thin, and I have no hesitancy in stating that in the whole of my mature life I have never worked so hard as I did during iouched the sheets, and I slept like a log until morning.

"Morning-when you are reducing-means daylight! You must get up at 5 o'clock. Six is a little too late. You

'Now, that I am home, I am going is impossible. keep up the treatment, for a while, least. Each morning I am going rise at 5 o'clock. I live in a board-

#### The Salt Reduction Bath.

call me early.

#### walking easy. The best walking dresses for one's daily constitutional is taffeta "I have been abroad to reduce," said or some other light summer silk. But the slender woman, triumphantly, "and the woman who is thinking of economy can wear mohair.

dressing, I shall sip a glass of spring water. This I cannot get from the spring, of course, but I can take it out

"I shall start for my walk promptly

while one is walking is a most excelyou would put a garment off and on. While one is walking is a most excel-But the trouble is that it is a great deal lent thing. It is one of the best keys harder to pick it off than it is to put to reducing. The water tones up the on.

System and supplies the tissues with the necessary moisture. It can be cold tutional. 'I have always been fat,' they and sparkling, and, taken in small will tell you. Or they will say, 'I am glasses at intervals of half an hour before breakfast, it relieves the throat and wakes up the brain.

#### Water Before Breakfast.

"This matter of drinking spring water before breakfast is particularly im-pressed upon the woman who has been abroad to reduce. There one drinks spring water by the quantity, and to take from one to six glasses of water in the morning before breakfast is no unusual feat. Of course one must exercise all the time, and the water taken is more as a refreshment than a medi-

"At 8 o'clock one comes home feeling us and ready for breakfast. A walk of two hours, earsy in the morning, before the world is awake, is a fine thing in every way. One feels better all day for the exercise. And as a reduction agent it cannot be over-estimated. It is absolutely impossible those months. I went to bed every night so tired that I fell asleep as soon as I to lay on superfluous flesh when one is doing this little stunt of walking every morning early.

"But it is claimed that all people can not get up at 6 oo'clock and walk until There are household duties to be taking your constitutional and drinking performed. There are many reasons why the two-hour walk in the morning

#### An Early Morning Tramp.

"But on the other hand, there are many persons who can just as well get up and walk as not. And they are usually the ones who complain loudest of obesity and who long most fervently



The Kaiserin on the Way to the Springs to Take the Water Cure.

"I shall take a salt bath. This is easily for some way to reduce the weight. Two hours in the early morning would dumping a cup-of sait into the bathrub. A quick tubbing, followed by a good rub down, will furnish the salt-water bath desired.

"Then I shall dress in light, losse clothing. There are few people out at 5 in the morning, and one does not have to dress up. I shall wear in the morning, and one does not have to dress up. I shall wear symething that is very light, and thin, to make

### Tells How the Same Methods Might Be Ap. plied at Home With the Same Success if the Patient Would Overcome Laziness.

e her exercises during the day.

#### "And these are the things she must

"She must eat no freshly cooked bread. Yeast continues to ferment or to 'work' for twenty-four hours after the bread is baked and the process is bad for stomach and digestion. Nor must she take anything hot into the

"Warm foods are good, but hot foods are rank poison to the woman who wants to be well. To judge if foods are at the right temperature test them in the mouth. If they burn the tongue, the lips, and the throat, you may de-pend upon it that they will blister the lining of the stomach. The stomach likes warm drinks and warm foods. But it

"There is no surer way to get indiges-tion than to eat burning hot food. The stomach is injured and there is a constant irritation. One is very thirsty. and there is a steady craving for some-thing to go into the stomach. That is bread, the white meat of fowl, white the beginning of indigestion and the beginning of obesity.

water; they are always uneasy in their stomachs; they always want an acid—"But get up in icate, something sweet, something tooth-some, something indigestible! the day. Don't think you can lie bed until sun-up and after and s "There never lived a fat woman-if reduce weight,

one can trust the word of the most famous reduction specialist in Europe-

"At the cures they keep you up late. The object is to give you as little time as well do it at home without paying in bed as possible. They time your sleeping hours to seven in number, and to keep you awake and moving they

an ewoman who is trying to get thin an in the woman who is reducing, according to the Baden-Baden method, must though nothing had occurred to break the usual monetary. the usual monotony. And, if she be largely upon gravitation, and the woman pressed for time, she need not think who sits will have indigestion and grow of reducing again until the next day. fat around the abdomen. She must walk But if the be an enthusiast, she can and if she cannot get out to walk she must stand. One's feet are made to support one's body. Look how the shop girls stand all day and see how slender they are. They do not grow stout. They are on their feet too much. Nor do they get too tired. Sitting a very few minutes will rest them and they can stand

"Don't-if you are going to try the foreign methods of reduction-be afraid to deny yourself the good things of life. Learn that you can be happy with a slice of brown bread and a glass of milk, This will keep the stomach comfortable

"The woman who is trying to reduce by going without eating will be hungry all the time. But she can take the nourishing foods that will keep her filled

up and yet not add to her weight. "Don't, if you are trying the Baden is ruined if hot drinks and scorching Baden reduction cure, drink anything foods be poured into it.

Baden reduction cure, drink anything with your meals. A cup of coffee at with your meals. A cup of coffee at other meals you can eat stewed fruit.

#### Best Foods.

fish of various kinds, broiled or boiled. And for vegetables try baked potatoes, "Fat women always want a drink of dressed with good oil. Let the fried

"But get up in the morning. Walk always want hot pastry, something delbed until sun-up and after and still

"If you were in Europe, at one of the cures which you would find so expensive, they would call you in the dark, long bebaked potatoes, graham bread and a fore daybreak. And to music or withbaked potatoes, graham bread and a dish of fruit. This, while it is the standard diner at the reduction cures, would never win its way into the favor of the woman who craved hot pastry and plenty of sauces.

"At the cures they keep you up late."

## A DELIGHTFUL DAY OFF, SPENT AT THE SEASHORE

Where is the American heires who be about a consessed of the consessed of

#### THE TALL GIRL.

"If ever I'm born again, I want to be